DOCUMENT RESUME

ED 321 178 CG 022 615

AUTHOR Frazier, Billie H.; Hayes, Kathleen C.
TITLE Selected Resources on Aging: An Annotated Bibliography for Consumers. Special Reference Briefs.
INSTITUTION National Agricultural Library, Beltsville, MD.
REPORT NO SRB-90-09
PUB DATE 90
NOTE 36p.; For related documents, see CG 022 614-616.
AVAILABLE FROM Reference Branch, Room 111, National Agricultural Library, Beltsville, MD 20705.
PUB TYPE Reference Materials - Bibliographies (131)

EDRS PRICE MF01/PC02 Plus Postage.
DESCRIPTORS Adult Children; *Aging (Individuals); Annotated Bibliographies; Family Caregivers; Family Role; Grandparents; Humor; *Older Adults; Parent Child Relationship; Place of Residence; Sibling Relationship; Social Support Groups

ABSTRACT

This annotated bibliography was created to provide consumers with reliable information to help them promote positive health and well-being of the elderly in their families, communities, and throughout the nation. It is also hoped that the resources in this bibliography can help make a positive impact on consumers' own aging process and transition into the later years. The bibliography includes a compilation of eight separate Pathfinders from the United States Department of Agriculture's National Agricultural Library and includes citations in the areas of: (1) adult children; (2) aging parents; (3) family caregiving; (4) family support networks; (5) grandparenting; (6) intergenerational relationships; (7) living arrangements in later life; and (8) sibling relationships in adulthood. Also included are lists of sources of additional information, organizations concerned with issues of aging, and reviewers who helped in the selection of materials to be included in the bibliography. (NB)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

CG

United States Department of Agriculture

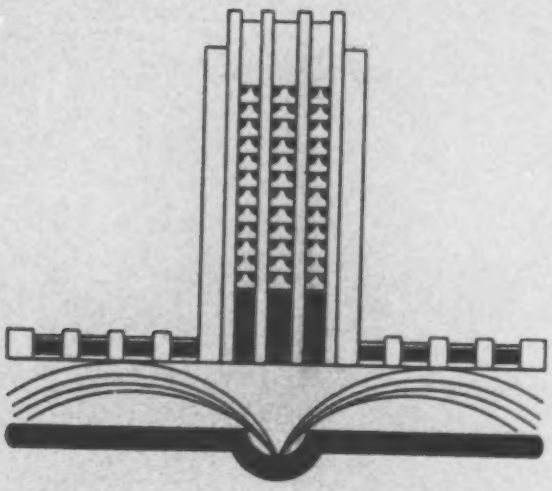
National Agricultural Library

Beltsville Maryland 20705

NAL

Selected Resources on Aging: An Annotated Bibliography for Consumers

SRB 90-09
Special Reference Briefs



ED321178

022615

BEST COPY AVAILABLE 2

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☒ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

Kathleen C. Hayes

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Bibliographies in the Quick Bibliography Series of the National Agricultural Library, are intended primarily for current awareness, and as the title of the series implies, are not indepth exhaustive bibliographies on any given subject. However, the citations are a substantial resource for recent investigations on a given topic. They also serve the purpose of bringing the literature of agriculture to the interested user who, in many cases, could not access it by any other means. The bibliographies are derived from computerized on-line searches of the AGRICOLA data base. Timeliness of topic and evidence of extensive interest are the selection criteria.

The author/searcher determines the purpose, length, and search strategy of the Quick Bibliography. Information regarding these is available upon request from the author/searcher.

Copies of this bibliography may be made or used for distribution without prior approval. The inclusion or omission of a particular publication or citation may not be construed as endorsement or disapproval.

To request a copy of a bibliography in this series, send the title, series number and self-addressed gummed label to:

U.S. Department of Agriculture
National Agricultural Library
Public Services Division, Room 111
Beltsville, Maryland 20705

SELECTED RESOURCES ON AGING:
AN ANNOTATED BIBLIOGRAPHY FOR CONSUMERS

Billie H. Frazier, Ph.D.
Certified Family Life Educator
Human Development Specialist
Cooperative Extension Service
University of Maryland

Kathleen C. Hayes, M.S.
Certified Home Economist
Technical Information Specialist
National Agricultural Library
U.S. Department of Agriculture

The authors express their appreciation to Sandra L. Facinoli, Technical Information Specialist, and the Information Centers Branch support staff at the National Agricultural Library for expediting the development and distribution of this series on aging.

The inclusion of a publication in this Special Reference Brief does not necessarily reflect U.S. Department of Agriculture (USDA) policy, nor does it imply any form of endorsement by USDA. USDA does not ensure the accuracy of the information in this publication.

National Agricultural Library Cataloging Record:

Frazier, Billie H.
Selected resources on aging : an annotated bibliography for consumers.
(Special reference briefs ; 90-09)
1. Aging – Bibliography. I. Hayes, Kathleen C. II. Title.
aS21.D27S64 no.90-09

Availability of Cited Documents

Non-USDA Patrons

The materials listed in this bibliography are available on interlibrary loan through your local library. The librarian in your public, State, university, or corporate library can assist you in obtaining materials either in your area or directly from the National Agricultural Library (NAL). Current charges are:

Photocopies:	$ 5.00 for the first 10 pages
	$ 3.00 for each additional 10 pages
Microfiche:	$ 5.00 for the first fiche
	$ .50 for each additional fiche
Microfilm:	$10.00 per NAL-owned reel of microfilm

Invoices are issued quarterly. Requests must comply with the National or International Interlibrary Loan Code. Questions about the availability of these materials may be directed to:

Lending Branch
National Agricultural Library
10301 Baltimore Boulevard
Beltsville, MD 20705
(301) 344-3755

USDA Patrons

The materials listed in this bibliography may be obtained by submitting one Form AD-245 for each item requested to your local Agency or Regional Document Delivery System Library or directly to the address above.

CONTENTS

Introduction 1

Adult Children 2

Aging Parents 4

Family Caregiving 9

Family Support Networks 13

Grandparenting 14

Intergenerational Relationships 16

Living Arrangements in Later Life 18

Sibling Relationships in Adulthood 21

Sources of Additional Information 23

Organizations. 24

Reviewers 26

ABOUT THE AUTHORS

BILLIE H. FRAZIER, Certified Family Life Educator, is an Associate Professor and Human Development Specialist for the Cooperative Extension Service, University of Maryland. For 19 years, Dr. Frazier has been responsible for developing, implementing, and evaluating statewide educational programs related to parent education, stress management, and aging.

This bibliography represents the research conducted by Dr. Frazier during her 6-month sabbatical with the National Agricultural Library, U.S. Department of Agriculture. It is one of 3 publications that provides comprehensive coverage on several topics in gerontology.

Dr. Frazier earned degrees in family science from Sam Houston State University, Texas Woman's University, and Florida State University. She has held positions in academic departments at William and Mary, Auburn University, The University of Houston, and Sam Houston State University.

In recent years, she has pursued a strong interest in gerontology. She also has served as the chairperson of the first national Extension Committee on Policy-sponsored workshop on aging in Dallas in 1976.

KATHLEEN C. HAYES, Certified Home Economist, is a Technical Information Specialist at the National Agricultural Library, U.S. Department of Agriculture. During her five years with the Library, she served as the coordinator of the Family and the Fiber and Textile Information Centers. She also was involved with the formation of the Rural and the Youth Development Information Centers.

Ms. Hayes recently completed a one-year assignment with the Joint Council on Food and Agricultural Sciences. As the Leader of the Reports Staff, she was responsible for the development and distribution of three congressionally mandated reports related to agricultural research, extension, and higher education. Upon her return to the Library, she was appointed coordinator for the Technology Transfer Information Center.

Ms. Hayes also was employed for 14 years as a Home Economist and County Extension Director for the Cooperative Extension Service, The Pennsylvania State University.

INTRODUCTION

Over the past 100 years, the average life expectancy of people in the United States has increased by 25 years. This one fact is presently creating a record number of persons 65 years of age and older. By the year 2000, 13 percent of the population will be 65 years and older, and by 2030, the number will increase to about 21 percent of the population. The age group expected to grow the most rapidly in the next 30 years is 85 and older.

Because of this dramatic demographic shift and profound societal change, people will continue to have many more years of life following retirement. This extra period of life can be healthy and fulfilling. However, it can also be accompanied by the need for extended family support and use of increased community resources.

The purpose for this annotated bibliography is to provide consumers with reliable information to help them promote positive health and well-being of the elderly in their families, communities and throughout the Nation. Another purpose is to help make a positive impact on consumers' own aging process and transition into the later years.

Selected Resources on Aging: An Annotated Bibliography for Consumers is a compilation of 8 separate PATHFINDERS which were originally developed to assist professional personnel from the National Agricultural Library with their information and referral services and also assist state and local librarians with the selection of materials for their collections. The PATHFINDERS also were intended to provide state and county Cooperative Extension Service professionals with a list of suggested readings to use in their educational workshops and classes.

This information will be helpful to the many professionals, families and individuals who are working to enhance the dignity and independence of senior citizens.

ADULT CHILDREN

Middle-aged adult children are facing a three-pronged situation of rearing their own children, caring for and supporting their elderly parents, and attending to their own and their spouses' needs. The articles in this section were selected to help readers better understand roles and relationships that adult children have with their families and some potential solutions for more effective and stronger family life.

SELECTED BIBLIOGRAPHY

How to Care For Your Parents: A Handbook for Adult Children, Nora Jean Levin. Washington, D.C.: Storm King Press, 1987.

This paperback is about energy and attitude on the part of adult children. It covers creating a personal profile, creating a financial file, plugging into networks, taking preventive measurements, securing safety and welfare and looking a housing options. A section is devoted to juggling obligations.

"How to Make Peace with Your Parents," Interview with Harold Bloomfield. U.S. News and World Report, 96(20):47-48, May 21, 1984.

A psychiatrist explains how unresolved negative feelings toward parents can create anger and dissatisfaction with other persons in life. Adult children pay a large price for a poor relationship with parents. The best way to resolve conflicts is to be more receptive and less reactive. It is also essential to resolve guilt over a negative relationship with a deceased parent.

Living With Adult Children, Billie H. Frazier. College Park, Maryland: The University of Maryland Cooperative Extension Service Bulletin 328, 1988-89.

This bulletin focuses on adult children who return to the family home to live. It includes sections on "Who Are Adult Children Living At Home?," "Why Are Adult Children Living at Home," "How Do Nesters and Re-Roosters Affect Elderly Parents?," "What Are the Danger Signals in a Full Nest?," "How Does Nesting and Re-Roosting Affect the Home?," and "What Are Some Positive Strategies for Full Nests?"

"Special Report--Older Drivers and Safety: The Tough Choices," Margaret Opsata, 50 Plus, 32-36, February 1988.

This article is a compassionate look at the issues that arise when an elderly driver must put safety before pride. A course of action available to anyone is to notify the Department of Motor Vehicles that a particular driver is a public hazard. The person will then be called in to take a driving test. This situation can cause a family rift that may be difficult to overcome.

Taking Care Of Your Aging Family Members: A Practical Guide, Nancy R. Hooyman and Wendy Lustbader. New York, NY: The Free Press, 1986.

Theory and practice are blended in this book that is designed to be used by both professionals and families. Many practical tools such as a medical bill accounting sheet, a guide for delegating tasks among family members, a checklist for comparing retirement homes, and a chart for keeping track of progress with rehabilitation exercises are included.

Talking with Your Aging Parents, Mark A. Edinberg. Boston, MASS: Shambhala, 1987.

Topics covered include strategies, skills and support for communicating with older relatives about difficult issues like failing health, legal and financial matters, and family relations.

AGING PARENTS

The increased aging of parents has created an enormous database of information in gerontology and is the impetus for the existence of many organizations and programs related to aging throughout the country. The majority of articles reviewed look at the topic of aging parents from the perspective of the family because the family provides most of the support to older parents in America today.

These resources revolve around the theme of understanding and assisting aging parents in the context of today's family life, family relationships, and roles and responsibilities. The contributions of older persons in family life are also highlighted.

SELECTED BIBLIOGRAPHY

Aging Parents and Adult Children, Jay A. Mancini. Lexington, MA: Lexington Books, 1989.

The focus of this book is on how parents and their mature children interrelate. The author examines the internal dynamics of parent-child relationships and special problems of the relationships. A road map for future research is provided.

Aging Parents and You: A Complete Handbook to Help You Help Your Elders Maintain a Healthy, Productive and Independent Life, Eugenia Anderson-Ellis and Marsha Dryan. New York, NY: MasterMedia Ltd., 1988.

This diverse and informative paperback provides practical strategies to challenges faced in caring for elders. Information is provided on both public and private services. It gives information on how to help elders choose living places and environment; plan financial futures; and enhance health, looks and independence.

Caring for an Aging Parent-Have I Done All I Can?, Avis Jane Ball. Buffalo, New York: Prometheus Books, 1986.

This is one person's story about facing issues out of a background of responsibility, love, and faith. The author was unable to do everything that she wanted to do. The plight of the disabled elderly and the person who assumes the care of an aged relative commands the reader's attention. Support from neighbors

and more community support systems can help to meet a need that is increasing rapidly.

Do Your Parents Drive You Crazy? A Survival Guide for Adult Children, Janet Dight. New York, NY: Prentice Hall Press, 1987.

This is a book of practical advice designed to let the reader know that almost all adult children have problems with sometimes not-so-adult parents. There is hope. Based on experiences of the author and hundreds of others, this book provides some solutions.

Family After Forty, Barbara W. Davis, Marilyn M. Furry, Maria Ros, Deborah E. Simpkins. University Park, PA: Penn State Cooperative Extension, College of Agriculture, 1985.

The authors included six publications designed to help mid-life adults and their parents plan together for the future. Topics covered include giving and receiving, physical well-being, emotional changes, financial concerns, communication skills, and living arrangements.

Helping Your Aging Parents, James Halpern. New York, NY: McGraw-Hill Book Company, 1987.

This book is intended to help the adult child provide support to an aging parent. The author provides advice and insight concerning the emotional issues involved in helping aging parents. Chapter topics include guidelines for helping, the stress of caregiving, your parent as patient, physiological problems, practical concerns, and when a parent moves in.

How to Survive Your Aging Parents So You And They Can Enjoy Life, Bernard H. Shulman and Reann Berman. Chicago, IL: Surrey Books, 1988.

Insights into the tasks related to taking care of aging parents or other relatives are provided. Chapters include: "Who's the Boss?," "Breaking Out of Old, Destructive Patterns," "How to Help Parents Compensate," "How To Talk About Difficult Subjects," "Taking Care Of Yourself As Well As Your Parents," and "Dealing With Confusion and Memory Loss."

Linked Lives: Adult Daughters and Their Mothers, Lucy Rose Fischer. New York, NY: Harper and Row, 1986.

The focus of the reported study is on the long enduring and emotionally close relationship between mothers and daughters. A main question centered on the impact of the daughter's motherhood on the mother-daughter relationship. The study sheds light on variability across families and why relationships differ. The book is for people who have a personal or professional interest in the topic of mothers and daughters.

Oh, To Be 50 Again! On Being Too Old For a Mid-Life Crisis, Eda LeShan. New York, NY: Times Books, 1986.

The author takes a straightforward approach and states that when it comes to getting old, we have no choice. It is a fact of life. Old age is full of tough challenges, about courage, about making the choice as to whether or not to be defeated by aging or live out one's remaining years with style. The author's work has been devoted to the idea that human beings have incredible and thrilling potential and that the goal of our lives ought to be to come as close as possible to fulfilling what is so unique and remarkable about each of us.

Parentcare: A Commonsense Guide for Adult Children, Lissy Jarvik and Gary Small. New York, NY: Crown Publishers, Inc., 1988.

This book is a practical approach to caring for aging parents. The authors present a six step approach to confronting anger, resentment, and stress that often develop. Constrictions of time, financial worries, social stresses, basics of housing and nutrition, finding proper health care, coping with disability and facing death are identified as the greatest problems that emerge. Workable solutions that are mutually beneficial and draw on the strong bond between parents and children are suggested.

"Parents and Children in Later Life," Lillian E. Troll. Generations, 10(4):23-25, Summer 1986.

Family relationships of many older women consist primarily of those with children. The author states that mother-daughter ties are often stronger than mother-son ties. Included in it are discussions of mutual feelings between parents and children throughout life, changes over time, mutual aid, and burden.

"Remember to Ask About Aging Parents," Gerald A. Gill. Mobility, 9(1):38-41, 1988.

Relocation executives will be working more with families who have concerns about aging parents. This author provides suggestions that can assist the family with older parents prepare for a move.

60+: Planning It, Living It, Loving It, Allan Fromme. New York, NY: Farrar, Straus & Giroux, 1984.

Concrete ideas on how to prepare for a change of lifestyle, how to keep marriages healthy, how to accept and enjoy new family roles, how to deal with depression, illness, and death, and generally how to direct lives to avoid being trapped in the past or overwhelmed by the present are presented in the book. The author feels that it is critical for people to plan ahead for the time when working days are behind.

Survival Handbook for Children of Aging Parents, Arthur N. Schwartz. Chicago, Il: Follett Publishing Company, 1988.

The chapters in this book include: "Is It Really Worth It--Growing Older?," "Does Growing Old Mean Dropping Out?," "Retirement--From Termination To Transition," "Institutionalization--When, If Ever?," "Death and Dying--How Do You Handle It?," and "You Are Not On Your Own."

Talking With Your Aging Parents, Mark A. Edinberg. Boston, MA: Shambhala Publications, Inc., 1987.

An expert in counseling the elderly and their families offers strategies, skills, and support for communicating with older relatives about difficult issues like failing health, legal and financial matters, and family relations.

The Unfinished Business of Living: Helping Aging Parents Help Themselves, Elwood N. Chapman. Los Altos, CA: Crisp Publications, Inc., 1988.

Suggestions are provided to those in the middle generation who deal with children on one hand, and their aging parents on the other. Each chapter concludes with two family studies. They are designed to encourage individual thinking on specific situations.

"What About Mom and Dad?" Laura Elliott. The Washingtonian, 20(6):104-128, March 1985.

As parents get older, housing and health care needs change. The author of this article provides information on what to look for in retirement communities, nursing homes, and in-home care. Sections on coping with emotional and money problems are included.

When Your Parents Grow Old, Jane Otten and Florence D. Shelley. New York, NY: Harper and Row, 1988.

This book is written for persons who are wrestling with difficult problems of their parents' old age. Broad categories include: community resources, improving the quality of life, money matters, diseases of the elderly, and a host of other related topics.

Your Aging Parents, Billie H. Frazier. College Park, Maryland: The University of Maryland Cooperative Extension Service Leaflet Series #198-#201, 1988-89.

The author addresses concerns about aging parents and other relatives and changing relationships, changes in thinking, physical changes, and emotional changes. Basic developmental information and practical suggestions are provided.

FAMILY CAREGIVING

Family Caregiving is a central part of adult children's perceptions of their responsibility to older parents. When chronic illness strikes, the patient is not the only one who needs support. The family member doing most of the caring is also at risk. The number and nature of the relationships that caregivers have with others can have a notable effect on their emotional health and on the quality of the caregiving relationship. The caregiver needs more support from friends and family, but has less time to seek it.

Research indicates that when time between parents and adult children involves completing only routine tasks, the level of parent morale is generally lower and the level of agitation and loneliness is higher. When parents and children make a concerted effort to spend quality time together, older parents feel better about the situation, and are more content with their lives. The situation is much more positive for adult children, as well.

SELECTED BIBLIOGRAPHY

"Ageism Is Bad Medicine," Bard Lindeman. 50 Plus, January 1987, 4.

In this investigation, the researcher videotapes doctor-patient visits and concludes that specific ageist assumptions and misconceptions about older people are prevalent. Knowledge of the elderly has not kept pace with the increase in life expectancy. Today, advanced age in the United States can no longer be expected to be associated with frailty.

"The Age-Old Question," Barbara Kallen. Forbes, 138(11):244-246, November 17, 1986.

Caring for elderly parents is never easy. However, there are many more lifestyle options for the elderly today than ever before. This article discusses several options.

"Aging Parents: Helping When Health Fails," Vicki L. Schmall and Lou Isbell. Corvallis, Oregon: Oregon State University, Pacific Northwest Extension Publication 246, July 1984.

This bulletin emphasizes there is no easy or "right" solution to problems people face concerning aging relatives. It is suggested that one needs to look at what is best for all and not to let

guilt guide decisionmaking. Families need to build family strengths and to seek help when needed.

"Caring for an Aging Parent: Have I Done All I Can?," Avis Jane Ball. Buffalo, NY: Prometheus Books, 1986.

This book reinforces the concept and practice of intergenerational caregiving. It focuses on the process of what happens to a family when its members become primary caregivers to an increasingly frail grandfather. The experience of this family can be considered a "normative" phase of family life today.

"Caring for Nana," Margaret Opsata. 50 Plus, January 1987, 55-59.

Many women over 50 spend years caring for an aging parent. New options can help them cope. This article discusses support groups, geriatric assessment, and case management. Specific solutions discussed include: assistance with independent living, senior centers, adult day care, respite care, licensed boarding homes, legal and financial advice.

Caring for Your Aging Parents, Robert R. Cadmus. Englewood Cliffs, New Jersey: Prentice-Hall, 1984.

This book is a mixture of inspiration, hard facts, and helpful hints. Contents include: "Tomorrow Is Almost Here," "A Time to Retire," "Money Talks," "Home Sweet Home," "Lifestyles," "Keep 'Em Busy," "Getting Around," "Hope for Health," "The Drugs They Take," "They Are What They Eat," "Homes Away From Home," "Playing It Safe," "The Gift of Grandchildren," "Things of the Spirit," "Three Ways to Cope," and "The Final Challenge."

Coping with Caregiving, Billie H. Frazier. College Park, Maryland: The University of Maryland Cooperative Extension Service Bulletin 326, 1988-89.

This bulletin discusses: Who Are You...the Caregiver; What is Caregiving; Caregiving Stress-Symptoms and Causes; Strategies for Managing Stress; Caregiving At A Distance; and Placement in a Care Facility.

Family Caregivers and Dependent Elderly: Minimizing Stress and Maximizing Independence, D. Springer and T.H. Brubaker. Beverly Hills, CA: Sage Publications, 1984.

This is a resource guide for family caregivers of chronically ill and disabled older adults. It is written for: (a) persons who care for dependent older persons, (b) practitioners who provide service to caregivers, and (c) support groups of caregivers. The emphasis is on reducing the burden of the caregivers' tasks and fostering maximal independence of the elderly.

"Finding Day Care for Your Aging Parent," Cinda Siler. Money, 16(13):199-200, December 1987.

Well-staffed centers are becoming more readily available. This article provides key factors to consider in choosing an adult day care center, deciding whether day care would be more appropriate than a senior citizen center, and determining what financial assistance options exist.

Helping Memory-Impaired Elders: A Guide for Caregivers, Vicki L. Schmall and Marilyn Cleland. Corvallis, Oregon: Oregon State University, Pacific Northwest Extension Publication 314, Reprinted July 1988.

Designed to provide family and professional caregivers with an understanding of dementia in later life and ways to cope more effective, this publication provides general care and management guidelines. It outlines approaches for handling specific problems, including driving, wandering, money management, catastrophic reactions, hallucinations, eating, incontinence, hiding of items, and communication.

Parentcare: A Commonsense Guide for Adult Children, Lissy Jarvik and Gary Small. New York, NY: Crown Publishers, Inc., 1988.

This book is a practical approach to caring for aging parents. The authors present a six step approach to confronting anger, resentment, and stress that often develop. Constrictions of time, financial worries, social stresses, basics of housing and nutrition, finding proper health care, coping with disability and facing death are identified as the greatest problems that emerge. Workable solutions that are mutually beneficial and draw on the strong bond between parents and children are suggested.

"Stretched to the Limit," Edwin Kiester, Jr. 50 Plus, 28(10):64-70.

This article discusses coping techniques for the "sandwich generation" and focuses on the guilt trap. A self-test on caregiver burnout, and suggestions for help are provided.

Visits to Remember: Leader's Guide, Barbara W. Davis. University Park, Pennsylvania: Pennsylvania State University, 1988.

This workshop guide, to be used with filmstrip, can be used by professional or lay educators as they provide guidance to family members and others who provide emotional care as they visit in nursing homes.

Visits to Remember: Handbook for Nursing Home Visitors, Barbara W. Davis. University Park, Pennsylvania: Pennsylvania State University, 1988.

This handbook for family members and others who visit in nursing homes suggests ways to prepare for visits, to stimulate conversation and the five senses of the resident. Suggestions for serving in an advocacy role, when needed, are provided.

FAMILY SUPPORT NETWORKS

Since many researchers have concluded that family social and psychological support may be the most important help families can provide to seniors, the authors felt that a section on Family Support Networks needed to be prominent. The main idea is that one family member cannot do it alone. There needs to be an extended type of family network that involves several generations whenever possible.

One clear finding is that older persons who receive help have a basic need to reciprocate in some way. The inability to reciprocate has a negative effect on morale.

SELECTED BIBLIOGRAPHY

Planning Ahead for Elder Care Series (HE 362 - 1-8). Raleigh, North Carolina: North Carolina Agricultural Extension Service, 1989.

This series is part of a North Carolina Agricultural Extension Service program funded by the Kate B. Reynolds Health Care Trust. Titles of the leaflets include: The Management Challenge; Decisions About Housing; Health Insurance Fundamentals; Health Care/Insurance Decisions; Decisions About Finances; Death Related Decisions; Building Effective Relationships; Building Positive Attitudes, and Decisions about Housing.

Self-Help Groups, Billie H. Frazier. College Park, Maryland: The University of Maryland Cooperative Extension Service Fact Sheet 398, 1983-84.

The author of this fact sheet covers the topic of "What is Self-Help?," "Why are Self-Help Groups Needed?," "What Is the Purpose of Self-Help Groups?," "How Do Self-Help Groups Operate," "What Happens at a Self-Help Group Meeting?," "How Can You Find the Self-Help Group That You Need?," and "How Can You Organize A Self-Help Group?"

GRANDPARENTING

The role and significance of grandparenting in today's society is investigated in this section. Although a variety of experiences exist, most grandparents find the role to be important and emotionally fulfilling. Most grandparents want to be included as an integral part of the primary family. They believe in not interfering with family functions and childrearing practices.

Grandparents can greatly enhance the quality of life of their grandchildren. Their influence can be direct and profound.

SELECTED BIBLIOGRAPHY

Between Parents and Grandparents, Arthur Kornhaber. New York, NY: St. Martin's Press, 1986.

The author of this book is the founder of an organization for grandparent' rights. The nature of the grandparent-grandchild relationship is examined. Special attention is given to special problems that can arise between parents and grandparents. A course of action in resolving conflicts is suggested.

The Grandparents' Catalog, Charles S. Slaybaugh. Garden City, NY: Doubleday and Company, Inc., 1986.

This idea book for family sharing includes hundreds of projects and activities to delight both grandparents and grandchildren. It reinforces the importance of grandparents in the growth and happiness of children and young people.

How to Grandparent, Fitzhugh Dodson and Paula Reuben. New York, New York: Signet Printing, 1984.

The book is divided into three sections: (1) Becoming A Grandparent, (2) Ages and stages, and (3) Special Aspects of Grandparenting. The appendix includes guides on toys and play equipment, children's books and records, and books on parenting for grandparents.

"That Special Joy: Being a Grandparent," Bard Lindeman. 50 Plus, 25(11):16-18, November 1985.

Results of a reader poll are presented. The author states the results indicate that the topic of grandparenting needs more attention in the magazine. A pledge is made to provide additional coverage in future editions.

INTERGENERATIONAL RELATIONSHIPS

This collection of articles is designed to help provide an understanding of attitudes, relationships and roles that exist between generations in a family.

SELECTED BIBLIOGRAPHY

"Caught in the Middle," Geraldine Gallagher, Mature Outlook, 3(4):35-41, Jul-Aug 1986.

Millions of women find that conflicting responsibilities to job, family, and aging parents are creating tremendous problems in their lives. The author discusses the super woman squeeze and strategies for the woman in the middle.

"Intergenerational Celebrations," Barbara M. Friedman, Educational Leadership, 45(8):52-55, May 1988.

Older people are feeling appreciated, fourth graders are broadening their horizons, and both groups are making new friends in a public school program designed to bridge the generations. The author describes a program in which students learn history through the memories of those who have lived it. As a result of the program, students better understand the process of aging.

"The Sandwich Generation," Jo Ann Miller. Working Mother, 10(1):46-52, January 1987.

This practical article illustrates how a working mother struggles to meet the demands of her aging mother as well as the needs of her young children. Special sections include "What to Tell Your Boss," "How to Handle Your Children," "Where To Find Help," and "Who's Caught in the Sandwich?"

The Unfinished Business of Living: Helping Aging Parents Help Themselves, Elwood N. Chapman. Los Altos, CA: Crisp Publications, Inc., 1988.

The author wrote this book to be circulated among family members. Goals suggested for readers include a greater awareness of recognizing and adapting to diminishing abilities of seniors, greater skill in decision making, commitment to a family support strategy, reduced pressure so adult children can enjoy their parents more, minimizing guilt among family members and a greater insight into the aging process.

LIVING ARRANGEMENTS IN LATER LIFE

This section was designed to help readers better understand some of the family, community, and societal issues related to living arrangements in later life. Older persons prefer to remain geographically close to their children, but live in a separate household. Some of the housing choices that allow seniors to remain independent include: shared housing, accessory apartments, ECHO housing, and home equity options.

SELECTED BIBLIOGRAPHY

A Consumers Guide to Accessory Apartments. Washington, DC: American Association of Retired Persons, 1987.

This is one of a series of booklets prepared as a resource for AARP's Consumer Housing Information Service for Seniors (CHISS). It provides an overview of accessory apartments and identifies types of local government agencies and community groups that offer additional assistance.

A Consumers Guide to Home Equity Conversion: Home-Made Money, Ken Scholen. Washington, DC: American Association of Retired Persons, 1987.

In recent years, a number of experiments have taken place to make it possible for retirees to use the equity in their homes to supplement fixed incomes. Home equity conversion is described in the guide.

A Consumer's Guide to Homesharing, Washington,DC: American Association of Retired Persons and National Shared Housing Resource Center, 1987.

AARP'S Consumer Housing Information Service for Seniors (CHISS) book defines homesharing and provides the reader with options to consider when making decisions about homesharing. The author discusses what is required in order for homesharing to work. Two self-questionnaires are included for those considering sharing homes or apartments. Guidelines for a lease in a home sharing arrangement are provided.

The Doable Renewable Home: Making Your Home Fit Your Needs, John P.S. Salmen. Washington, D.C.: American Association of Retired Persons, 1988.

This consumer affairs publication provides information on how to make the home more liveable when limitations in movement, strength, dexterity, eyesight or hearing become a reality.

Housing Options for Older Americans, Linda Hubbard and Tom Beck. Washington, DC: American Association of Retired Persons, 1984.

Research indicates that older people change their living arrangements only when their needs change, and that as long as they are able, they prefer to make adjustments in the home they already occupy. This book is for those who want to remain in their own homes and also for those who are thinking about moving. It explains some housing and living arrangements that seniors may want to consider. Many of the ideas and alternatives are new and some are still in the development phase.

Living Arrangements in Later Life, Billie H. Frazier. The University of Maryland Cooperative Extension Service Bulletin 327, 1988-89.

Contents of this bulletin include: "Making the Decision," "Maintaining Older People in The Homes," "When Your Relative Refuses Help," "Group Living Arrangements," "Selected Group Housing," "Multi-Family Sheltered Housing," "Group Sheltered Housing," and "Living with Relatives."

A Practical Guide to Independent Living for Older People, Alice K.Phillips and Caryl K. Roman.Seattle, WA: Pacific Search Press, 1984.

This book is designed to encourage older people to maintain and enhance their independence. The emphasis is on the quality of an older person's daily life and the steps that can be taken to make life easier, safer, healthier, and more interesting. Another focus is on services and support for older people who wish to remain active. The book contains practical advice and suggests a few resources to continue long successful lives.

Rental Housing, Washington, DC: American Association of Retired Persons, 1987.

AARP's Consumer Housing Information Service for Seniors (CHISS)

publication presents advantages and disadvantages of renting. Points to consider in the selection of a rental unit, rent subsidies, the lease, discrimination in housing, rights and duties of landlords and tenants, and housing disputes also are discussed.

The Risks, Pitfalls and Advantages of Home Equity Loans: Borrowing Against Your Home, Robert J. Hobbs. Washington, DC: American Association of Retired Persons, 1988.

Older homeowners considering a home loan face complex choices which can involve a substantial portion of their income for many years. This guide outlines some of the various home loan options, including their costs, disadvantages, and advantages. It also provides charts to assist with calculations.

Safety for Older Consumers: Home Safety Checklist. Washington, DC: U.S. Consumer Product Safety Commission, 1986.

This practical checklist is to be used to identify possible safety problems which may be present in the home.

Where Can Mom Live? A Family Guide to Living Arrangements for Elderly Parents, Vivian F. Carlin and Ruth Mansberg. Lexington, Mass: D.C. Heath and Company, Lexington Books, 1987.

This book is for those who have aging relatives and are searching for solutions to housing problems. The following topics are included: group shared homes, life-care and other congregate communities, home sharing, accessory apartments and elder cottages, how to keep a house, comparisons of living arrangements, guidelines for helping parents make housing decisions, and an overview of statistics about the older generation.

Your Home, Your Choice: A Workbook for Older People and Their Families. American Association of Retired Persons in Cooperation with the Federal Trade Commission. Washington, D.C., 1985.

This practical workbook provides checklists and information about staying at home, changing housing arrangements, and supportive housing.

SIBLING RELATIONSHIPS

Sibling relationships are potentially the longest-lasting relationships in most people's lives. One reason this topic is so critical is because adult children are the major sources of psychological support for their older parents. The relationship that exists between siblings in adulthood has a direct effect upon the quality of support that can be provided to older parents.

It is not yet known how certain types of child rearing practices affect long term sibling relationships. This topic will most likely be a popular area of focus for students and researchers during the next 30 years.

SELECTED BIBLIOGRAPHY

"Kinship Rekindled," Mature Outlook, 3(6):70-79, November/December 1986.

The author states that individuals never outgrow their brothers and sisters. Furthermore, people with strong sibling ties cope better with the stresses of life after 50, perhaps because siblings who get along well talk things out during periods of problems of crisis. More than most people realize, these are the ties that bind. However, for many, low-grade friction with siblings is a way of life. The potential for conflict with adult siblings is endless. In the 50s, many adult siblings feel the need to resolve sibling conflicts. Close relationships with siblings can serve as a buffer against the stresses of major life events like retirement and widowhood.

"Mending Broken Family Ties," Joan Wester Anderson. McCalls, CXVII(4):45-49, January 1990.

Strained relationships with brothers and sisters are among the most common, but difficult-to-admit, problems experienced by adults. Unsettled childhood conflicts can also have subtle consequences. However, it is possible for siblings to become allies in adulthood when one or both have a need to heal the past and find new ways of relating. The writer discusses breaking old patterns and the necessity for interpersonal communication. Well known authorities are quoted.

"The Sibling Bond: A Lifelong Love-Hate Dialectic," Virginia Adams. Psychology Today, 15(6):32-47, 1981.

The book by Bank and Kahn (The Sibling Bond, 1982) provides the basis for this article. The sibling relationship is a lifelong process and highly influential throughout the life cycle. It is rare for siblings to lose contact with one another. Siblings are becoming more and more dependent upon one another as the divorce rate and the number of one-parent families grow. The Hansel and Gretel relationship and sibling rivalry are discussed.

SOURCES OF ADDITIONAL INFORMATION

Typical resources for most geographical areas include the following:

* County Cooperative Extension Service (under county government in telephone directory)

* County adult education department

* Family science, psychology, education, human ecology, home economics or aging department at a state college or university

* Local library

ORGANIZATIONS

Specific agencies, organizations and groups that provide information related to many topics on aging include:

Aging Network Service
Topaz House, Suite 812
4400 East West Highway
Bethesda, MD 20814
(301) 986-1608
(Ask for referrals to a local social worker for assistance with relatives who live at a distance from you.)

American Association of Homes for the Aging
1129 20th Street, NW
Suite 400
Washington, D.C. 20036
(202) 296-5960

American Association of Retired Persons (A.A.R.P.)
1909 K. Street, NW
Washington, D.C. 20049
(202) 872-4700

American Society on Aging
833 Market Street
Suite 516
San Francisco, CA 94130
(415) 543-2617

Children of Aging Parents (CAPS)
2761 Trenton Road
Levittown, PA 19056
(215) 945-6900

Commission on Legal Problems of the Elderly
American Bar Association
1800 M. Street, NW
Washington, D.C. 20036
(202) 331-2297

Foster Grandparent Program
1100 Vermont Avenue, NW
Room 6100
Washington, D.C. 20525
(202) 634-9355

Foundation for Hospice and Homecare
519 C Street, NE
Stanton Park
Washington, D.C. 20002
(202) 547-7424

The Gerontological Society of America
1275 K. Street, NW
Suite 350
Washington, D.C. 20005-4006
(202) 842-1275

Interagency Council on the Homeless
U.S. Department of Housing and Urban Development
Room 10158
451 Seventh Street, SW
Washington, D.C. 20410
(202) 755-1480

National Council on the Aging, Inc.
600 Maryland Avenue, SW
West Wing 100
Washington, D.C. 20024
(202) 479-1200

National Hospice Organization
1901 N. Fort Myer Drive
Suite 902
Arlington, VA 22209
(703) 243-5900
Hospice Help Line: 1-800-658-8898

National Institute of Senior Housing (NISH)
600 Maryland Avenue, SW
West Wing 100
Washington, D.C. 20024
(202) 479-1200

National Institute on Aging Information Center (NIA)
9000 Rockville Pike
Bethesda, MD 20910
(301) 496-4000

Office of Policy Development and Research
U.S. Department of Housing and Urban Development
451 Seventh Street, SW
Washington, D.C. 10410
(202) 755-6600

Shared Housing Resource Center
6344 Green Street
Philadelphia, PA 19144
(215) 848-1220

REVIEWERS

The information that appears in this bibliography was peer reviewed and selected according to the following criteria: accuracy, objectivity, and accessibility of information; credibility of the source; balance of viewpoint; clarity; variety; and readability.

The following university professionals reviewed the literature according to the identified chapters:

ADULT CHILDREN

Dr. Barbara W. Davis, Associate Professor, Adult Development and Aging Specialist, The Pennsylvania State University, University Park, PA

Dr. Leon H. Rottman, Extension Specialist, Human Development, University of Nebraska, Lincoln, NE

AGING PARENTS

Dr. Kathryn Beckham, Extension Family Life Specialist, The Ohio State University, Columbus, OH

Dr. Barbara W. Davis, Associate Professor, Adult Development and Aging Specialist, The Pennsylvania State University, University Park, PA

FAMILY CAREGIVING

Dr. Barbara W. Davis, Associate Professor, Adult Development and Aging Specialist, The Pennsylvania State University, University Park, PA

Ms. Jeanne M. Priester, National Program Leader, Extension Service, U.S. Department of Agriculture, Washington, DC

Dr. Leon H. Rottman, Extension Specialist, Human Development, University of Nebraska, Lincoln, NE

Dr. Shirley S. Travis, Associate Professor, Adult Development and Aging Specialist, VPI & State University, Blacksburg, VA

FAMILY SUPPORT NETWORKS

Dr. Kathryn Beckham, Extension Family Life Specialist, The Ohio State University, Columbus, OH

Dr. Leo Hawkins, Extension Human Development Specialist, North Carolina State University, Raleigh, NC

Dr. Leon H. Rottman, Extension Specialist, Human Development, University of Nebraska, Lincoln, NE.

GRANDPARENTING

Dr. Leo Hawkins, Extension Human Development Specialist, North Carolina State University, Raleigh, NC

Dr. William H. Reid, Human Development Specialist, University of Georgia, Athens, GA

INTERGENERATIONAL RELATIONSHIPS

Dr. Barbara W. Davis, Associate Professor, Adult Development and Aging Specialist, The Pennsylvania State University, University Park, PA

Dr. Barbara A. Gunn, Professor and Extension Specialist, Adult Development and Aging, The University of Nevada-Reno, Reno, NV

Dr. Vicki L. Schmall, Gerontology Specialist, Oregon State University, Corvallis, OR

LIVING ARRANGEMENTS IN LATER LIFE

Dr. Leo L. Cram, Director, Missouri Gerontology Institute, University of Missouri, Columbia, MO

Dr. Barbara A. Gunn, Professor, Extension Specialist, Adult Development and Aging, The University of Nevada-Reno, Reno, NV

SIBLING RELATIONSHIPS IN ADULTHOOD

Dr. Deborah T. Gold, Assistant Professor of Medical Sociology, Center for the Study of Aging and Human Development, Duke University Medical Center, Durham, NC

Dr. Suzanna Smith, Assistant Professor of Human Development, The University of Florida, Gainesville, FL

U.S. Department of Agriculture
National Agricultural Library
Beltsville, Maryland 20705

OFFICIAL BUSINESS
Penalty for Private Use, $300